



HEALTHY BODIES HEALTHY MINDS 2015

August 4-5
The Hill School
Pottstown, PA

This event nurtures interdisciplinary teams of educators and administrators in the adoption of physical activity as a learning tool.

What is the Healthy Bodies Healthy Minds Institute?

The HBHMI is an annual event designed to nurture the interdisciplinary roles of school personnel in the adoption of physical activity as a learning tool. Learn from leading neuroscientists, educators and psychologists the best practices and evidence-based research to creatively incorporate physical activity into teaching practices and enhance students' ability to learn. We invite all educators who are motivated to transform schools into movement-centered buildings to attend this once-a-year opportunity.

What are the goals of HBHMI?

- To review current research in the relationships between physical activity, learning and curriculum planning.
- To infuse wellness into the classroom culture.
- To prepare educators with the skills and knowledge to implement brain-based learning with their students.
- To develop a multidisciplinary school-based team that will implement exercise and learning initiatives in their schools.
- To provide a forum for discussion and collaboration among like-minded educators.
- To assist in the development of an action plan for each school building.

What should I expect?

You can expect two days of collaboration with your peers working on a common goal. Teams should come ready to listen to other's experiences, and ready to share their own experiences and ideas. Please dress in comfortable attire suited for physical activity and summer weather.

Who should attend?

Interdisciplinary school teams and individuals interested in transforming their school into a movement-centered building should attend the Institute. Teams (4-10 people) may include classroom teachers, nurses, health and physical education teachers, administrators, school counselors and any other motivated individuals regardless of their official role. Team attendance is required for Day 2 participation.

What's new in 2015?

Two days, two purposes. We're excited to announce the new and improved structure based on the feedback from HBHMI 2014.

Day 1 - Personal Development:

This day is all about you and designed for your personal development. Register for as many sessions as you want, and you'll accumulate your CECs based on the number you check into at the Institute. And, don't forget to check with your school district if your CECs will count toward your Act 48 hours.

Day 2 - Team Workshop:

We all know there's no "I" in "team". This day is designed for teams to plan and implement the information they learned on the first day, as well as receive one-on-one support from our leading presenters. Participating in the Personal Development portion of the Institute is the prerequisite to attending the Team Workshop. Teams (4-10 people) must include one administrator and may include teachers (all subjects welcome), nurses, school counselors and food service providers.

This Institute is sponsored by the Pottstown Area Health & Wellness Foundation.

The Pottstown Area Health & Wellness Foundation is a community non-profit organization whose mission is to enhance the health and wellness of area residents by providing education, funding and programs that motivate people to adopt healthy lifestyles.

The Foundation awards grants to area non-profit organizations which use their resources and services to develop and enhance programs that support our purpose of promoting health and wellness. Grant awards are based on four key priority areas which include improvement in healthy behaviors through schools. Over the past nine years, more than \$5 million has been awarded to the public and private schools within the Foundation's service area.

In short, the Foundation's role is to help area residents improve their health and well-being every day. By doing so, we are creating a more dynamic and more vibrant community in which to live now...and into the future.



REGISTRATION INFORMATION

	Flat Rate (2 days)	Dorm Accommodations (not included in conference fee)
Conference Fee	\$50 per person <i>Regardless if attending one day or two.</i>	+ \$30 per night

Conference fee: Includes all conference offerings and meals. Excludes overnight accommodations.

PAHWF School Collaborative Schools – Please note that the reduced rate which was provided in previous years will not be effective this year. We have significantly reduced the overall conference rate to account for this and hope the change to the fee structure will promote attendance. We cover facility fees and meals per registrant, and the ratio of registrations to actual attendance in the previous years has not been strong enough to continue subsidizing attendee costs. We thank you for your cooperation and understanding.

Accommodations: Dormitory rooms are available at The Hill School for August 4 & 5 for anyone seeking on-site accommodations. The rate is \$30/night, but rooms do not offer air conditioning. Fans will be provided. A list of nearby hotels is available at <http://www.thehill.org/PreferredHotels>.

Directions and parking: For directions, please visit <http://www.thehill.org/DirectionsToTheHill>. Parking will be located at the Performing Arts Center off of Beech Street.

Cancellation: No refunds or credits will be given for cancellations after July 31, 2015. Substitutions are accepted, though session availability may be limited.

Photo release: By submitting a registration form for this conference, you verify that you are volunteering to participate in a photograph, video and/or materials that may be used to represent the Pottstown Area Health & Wellness Foundation and/or The Hill School for educational/informational use on public brochures and any other promotional materials in the form of print and/or web-based versions.

Submitting Online Registration: Please fill out one online [registration form per person](#) by July 3, 2015. Payment may be submitted online via PayPal OR mailed to the Foundation.

Teams participating on Day 2 should [complete a separate registration form](#) by July 3, 2015.

Checks payable to:

Pottstown Area Health & Wellness Foundation

Pottstown Area Health & Wellness Foundation

Attn: Laura DeFlavia

152 E High St, Suite 500

Pottstown, PA 19464

For registration questions, please contact Laura DeFlavia at 610-323-2006 x24.

Liability Waiver: By submitting your Institute registration, you confirm that you will participate in all of the HBHMI 2015 activities at your own risk. Accordingly, you agree to hold the Pottstown Area Health & Wellness Foundation staff, Board, contractors and agents harmless against all injury you may suffer at any time during this Institute.

AGENDA AT A GLANCE

Tuesday, August 4	
7:30 a.m. – 8:00 a.m.	Registration
7:30 a.m. – 8:15 a.m.	Breakfast
8:15 a.m. – 9:45 a.m.	Welcome & Opening Plenary
10:00 a.m. – 11:00 a.m.	Breakout Session A
11:15 a.m. – 12:15 p.m.	Breakout Session B
12:15 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:00 p.m.	Breakout Session C
2:15 p.m. – 3:15 p.m.	Breakout Session D
3:30 p.m. – 4:30 p.m.	Breakout Session E
4:45 p.m. – 5:00 p.m.	Program Close
5:00 p.m. – 6:00 p.m.	Networking & Cocktail Hour
Wednesday, August 5 (requires separate TEAM registration)	
7:00 a.m.	Optional Workout
7:30 a.m.	Team Check In
8:00 a.m. – 9:00 a.m.	Session 1: Active Team Building
9:00 a.m. – 9:40 a.m.	Breakfast
9:45 a.m. – 11:00 a.m.	Session 2: Vision Discussion
11:10 a.m. – 12:25 p.m.	Session 3: SWOT Analysis
12:30 p.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 2:15 p.m.	Session 4: Goal Setting & Benchmarking
2:25 p.m. – 3:45 p.m.	Session 5: Communication, Collaboration & Sharing
3:45 p.m. – 4:00 p.m.	Team Graduation

SUMMARY OF DAY 1 ACTIVITIES

Session A, 10:00 a.m. – 11:00 a.m.	Presenters	Active	AF	SE	PE	PS	MISC	S&E
Building a Stronger You: Yoga and Resilience Program	Diane Lauer	Body		•				
Strategies for Fitness-Focused Physical Education	Meghan Dwyer, Dave Lyth	Body	•					
Moving To Music - Primary Grades	Charlie McGarvey	Body			•			
Teaching Wiggleworms: Using Movement to Teach in an Early Childhood Classroom Setting	Cassie Connor	Brain	•					
Mindfulness in Education: Promoting Calm and Focus Across the Curriculum	Jenny Mills	Brain		•				
Docs Adopt® School Health Initiative: Having Fun while Building a Culture of Wellness	Coleen Martin	Brain					•	
Engaging Students in Mathematics	Scott Miller, Paul Zientarski	Body				•		
Session B, 11:15 a.m. – 12:15 p.m.	Presenters	Active	AF	SE	PE	PS	MISC	S&E
A Fresh Take on Secondary PE	Jessica Peconi Cook	Body			•			
Jump Rope for Fun and Fitness	Lucie Bergeyova	Body	•					
Strategies to Include Movement in the Academic Classroom	Meghan Dwyer, Dave Lyth	Brain	•					
Optimizing Kinesthetic Classroom Equipment	Stacey Shoecraft, Bobby Sommers	Brain	•					
Resiliency and Relationships in Our Schools and in Our Classrooms	Missie Patschke	Brain				•		
Will They Remember What I Said?	Diane Wagenhals	Brain					•	
Research, Fitness and the Brain	Dr. Alex Thornton	Brain						•
3 Essential Practices for Rejuvenation: Meditation, Yoga and Writing	Jennifer Schelter	Body		•				
Session C, 1:00 p.m. – 2:00 p.m.	Presenters	Active	AF	SE	PE	PS	MISC	S&E
Large Group Brain Breaks	Scott Miller, Paul Zientarski	Body	•					
CrossFit is Physical Education	Keith Gabor, Tom Stoddart, Amy Weber	Body			•			
Creating a Culture of Wellness	Lucie Bergeyova	Brain					•	
Healthy Weight, Healthy Families: A Novel Approach to Child and Family Obesity Intervention	Aaron Christ, Jessica Garnett and Dr. Andrew Trentacoste	Body				•		
The Brain-Informed Classroom	Joshua MacNeill, Kathy VanHorn	Body		•				
Take the Lead: From the Administrative Perspective	Jeff Sparagna, Dave Spurlock	Brain					•	
What is New in the World of Activity-Based PE	Dr. Alex Thornton	Brain			•			
Session D, 2:15 p.m. – 3:15 p.m.	Presenters	Active	AF	SE	PE	PS	MISC	S&E
Elementary Active Classroom Strategies	Scott Miller, Paul Zientarski	Body	•					
Core Curriculum, Cooperation and Coordination: Research and Activities to Get Your Classroom in Motion	Joe Gallo, Tom Stoddart	Body	•					
Building a Culture of Fitness, One Building at a Time	Meghan Dwyer, Dave Lyth, Noel Vigue	Brain					•	
Social Emotional Learning Toolkit Grades K-5	Alex Fizz, Thom Stecher	Brain		•				
6 Life Skills All Children Need	Koren L. Clark	Brain					•	
Advocate for Your District	Jeff Sparagna, Dave Spurlock	Brain					•	
The Kinesthetic Classroom: Teaching and Learning through Movement	Mike Kuczala	Brain	•					
Session E, 3:30 p.m. – 4:30 p.m.	Presenters	Active	AF	SE	PE	PS	MISC	S&E
Secondary Active Classroom Strategies	Scott Miller, Paul Zientarski	Body	•					
Putting the Physiology in Physical Education	Jessica Peconi-Cook	Body			•			
21st Century PE: Changing the Paradigm	Noel Vigue	Brain				•		
Social Emotional Learning Toolkit Grades 6-8	Alex Fizz, Thom Stecher	Brain		•				
Self Care is Not Selfish	Nancy Miller	Brain				•		
Advancement of a Teacher's Learning	Lucie Bergeyova	Brain					•	
Proving Success: How to Evaluate PE in Schools	Dr. Chris Gilbert	Brain						•

Activity-Focused (AF) instruction is the unique and creative heart of this event. These sessions include examples of programs, classroom management techniques, lesson plan development, active learning with special or targeted populations, use of kinesthetic classroom spaces, action-based learning and academic classroom focus.

Social Emotional (SE) sessions are designed to support learning readiness through resilience, mindfulness, yoga and breathing, trauma-informed classrooms and additional classroom management topics from an emotional wellness perspective.

Physical Education (PE) sessions are designed to improve, innovate, collaborate and challenge curriculum for Physical Education classes.

Peer Sessions (PS) serve as an opportunity to learn from local experts and past attendees on the successes, challenges, troubleshooting and/or resources that they have personally used to promote physical activity in the classroom.

Miscellaneous (MISC) sessions include additional topics that support an educator's mission to promote a healthier learning environment.

Science & Evaluation (S&E) sessions enable attendees to learn from leading researchers on evidence-based best practices in the education field and how to apply these practices to their own programs.

Brain - pen and water

Body - sneakers and water

Tuesday, August 4



Elementary



Junior High



Secondary



Admin



Brain



Body

7:30 a.m. – 8:00 a.m.: Registration

8:15 a.m. – 9:45 a.m.: Welcome & Opening Plenary

Dave Spurlock from Charleston County Public School District in Charleston, SC is planning a return trip to Pottstown this summer and is excited to welcome our attendees in the opening plenary.

In his experiences of implementing programs, creating partnerships, changing curriculums, evaluating and re-evaluating students and assessments, and ultimately searching for the key to success in schools, Dave Spurlock has drawn a strong conclusion; the overall health and wellness of children matters. Dave will speak to the power of school wellness and how it can change the culture, climate, environment and learning outcomes of a school. While physical activity and nutrition remain at the forefront of these efforts, Dave will highlight the ancillary opportunities which support positive strides toward health and aid in the ultimate goal of educating, and graduating, healthy children. The Charleston County Public School District's unique partnership with the Medical University at South Carolina's (MUSC) Boeing Center for Children's Wellness, better known as the Lean Team, has expanded in its seven-year existence and supports school health in many facets. From ten schools in one county to nearly one hundred schools across thirteen counties and a second state (PA!), the School Wellness Checklist® Contest is a developing model for national standards in school health. Dave will share the work of that partnership and highlight what it means to the schools involved and how it has helped them reach new levels of success. Check out the [Lean Team's](#) work!

Before departing for a full day of learning, attendees will engage in a [fitness concert](#) featuring Aaron Christ and his team from A Fresh Start Fitness. As a local resource for personal training, Aaron has a strong commitment to training families to be healthy for a lifetime. Accustomed to putting on school assemblies to promote physical activity, Aaron and his team will get us warmed up and ready to tackle a day of learning.



Tuesday, August 4

10:00 a.m. – 11:00 a.m.: Breakout Session A



Elementary



Junior High



Secondary



Admin



Brain



Body

Building a Stronger You: Yoga and Resilience Program



SOCIAL EMOTIONAL

Diane Lauer

Yoga and Meditation Instructor, Diane Lauer, offers mindfulness and relaxation exercise classes with girls in junior high schools during flex time. The goal is to improve self-esteem, provide stress management tools for daily living, and cultivate emotional and physical body awareness.

Lessons to include, but not limited to:

- Building a foundation, focus on breath and balance
- Physical and emotional body awareness
- Fostering a positive mindset
- Creating personal self care plan
- Applied mindfulness in daily living

Stress management skills to be addressed within each activity:

- Breath work techniques
- Explore different yoga postures and movements
- Relaxation and visualization meditations
- Journaling exercise to encourage self-reflection
- Worksheets and handouts

This program was offered in two junior high schools this school year. As part of the presentation, the outcomes and student feedback from the program will be shared.

Strategies for Fitness-Focused Physical Education



ACTIVITY-FOCUSED INSTRUCTION

Meghan Dwyer and Dave Lyth

Presenters will demonstrate how to use moderate to vigorous cardiovascular activities to drive curriculum, instruction and lessons. They'll discuss evaluation and grading through the use of heart rate monitors.

Moving To Music – Primary Grades



PHYSICAL EDUCATION

Charlie McGarvey

You like teaching rhythmic activities, but you need new ideas. You dread teaching rhythmic activities because you just think it is dance with the same music. This presentation will give you some new ideas with very little or no instruction time to keep your students moving and get a good workout. Also, some can be used in the classroom for a well-deserved brain break. Using different props, resistance bands and more adds to the fun. Learning the continents to Frere Jacques. The water cycle to Clementine. Performing the times tables to the Macarena. Also, games involving music.

Teaching Wiggleworms: Using Movement to Teach in an Early Childhood Classroom Setting



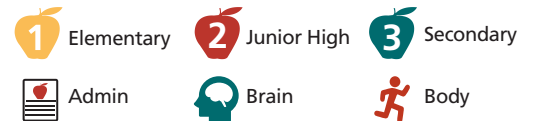
ACTIVITY-FOCUSED INSTRUCTION

Cassie Connor

In this session you will gain an understanding of kinesthetic learning and leave with exciting ideas that are ready to incorporate in your classroom immediately. You will also get an opportunity to brainstorm and share ideas with your peers!

Tuesday, August 4

10:00 a.m. – 11:00 a.m.: Breakout Session A



Mindfulness in Education: Promoting Calm and Focus Across the Curriculum



SOCIAL EMOTIONAL

Jenny Mills

Teachers, students and counselors in the United States (and globally) are incorporating simple mindfulness-based practices into their everyday routines to promote self-awareness, mental focus and stress management. During this session, participants will learn basic mindfulness practices, validated by brain research that streamlines into everyday life to support and enhance the teaching and learning environment. Key takeaways will include practical, two-minute strategies and low-prep mini-lessons that you can use the very next day!

Docs Adopt® School Health Initiative: Having Fun while Building a Culture of Wellness



MISCELLANEOUS

Coleen Martin

This session will share successes of our school-based student and staff wellness initiative, Docs Adopt® and School Wellness Checklist® Contest, which was piloted by ten Pottstown area schools during the 2014-15 school year. Results from the ten schools will be presented, along with ways the SWC® tool can be used to create, monitor and continually build a culture of wellness in a school setting. Participants will learn how to implement the program and will hear first-hand from some of the ten participating schools what worked best for their type of school (elementary, secondary or private).

Engaging Students in Mathematics



PEER SESSION

Scott Miller and Paul Zientarski

Are you stuck on how to get your students excited and motivated about learning math? Come experience engaging instructional strategies for students in math class.



Tuesday, August 4

11:15 a.m. – 12:15 p.m.: Breakout Session B



Elementary



Junior High



Secondary



Admin



Brain



Body

A Fresh Take on Secondary PE

PHYSICAL EDUCATION

Jessica Peconi-Cook

Jessica Peconi-Cook has been known to get participants working up a sweat at the Healthy Bodies Healthy Minds Institute. This year, participants can expect another high intensity demonstration which aims at keeping secondary PE students engaged and excited about physical education.

Jump Rope for Fun and Fitness

ACTIVITY-FOCUSED INSTRUCTION

Lucie Bergeyova

In this “hands-on” session, you will learn routines to improve your students’ endurance, strength, coordination, power, speed, agility and balance. The activities presented can be modified to your students’ needs and can be easily implemented as part of a warm up or cool down, or as a class as a whole to fit your curriculum needs. In addition, we will cover topics such as: space requirements, jump rope sizing and safety. You will participate in solo and partner jumps, long rope jumps and cooperative activities and games.

Strategies to Include Movement in the Academic Classroom

ACTIVITY-FOCUSED INSTRUCTION

Meghan Dwyer and Dave Lyth

How do academic teachers get kids moving without losing them? How can teachers include physical activity during lessons? What is the science behind these movement breaks/ classroom energizers? These questions and more will be answered. This session will also explore ideas and examples of two classroom educators (math and social studies) that have used a variety of activity-based lessons to help overall student performance. We have seen an increase in academic performance and standardized test scores; students’ behavior has improved with less discipline referrals; attendance has gone up; and students’ mood, overall focus and concentration have improved after incorporating classroom energizers. Learn how to make videos and manage movement in an academic classroom.

Optimizing Kinesthetic Classroom Equipment

ACTIVITY-FOCUSED INSTRUCTION

Stacey Shoecraft and Bobby Sommers

Teachers from Charles Pinckney Elementary School in Charleston County Public School District will co-present this session demonstrating their immersion with kinesthetic classroom equipment and sharing their learning on what works. Stacey will describe her 5th grade classroom and how she has learned to maximize the effectiveness of kinesthetic tables. Bobby’s expertise is in the Active Brains special area. He teaches a class based on the principles of Action-Based Learning, which targets young brains and supports the link of movement and physical activity to increased academic performance. His room is composed of fifteen different stations that students rotate through during the class, similar to circuit training stations. During Active Brains, students exercise while practicing and reviewing academic concepts with a partner. The duo will also discuss the partnership between classroom teacher and special area teacher to support kinesthetic learning and classroom achievement.

Resiliency and Relationships in Our Schools and in Our Classrooms

PEER SESSION

Missie Patschke

Question: What can you do to build inner strength and flexibility in your students and staff?

Answer: Design practical, classroom and building-wide strategies to encourage resiliency in your school community.

Join us as we learn from our friends in the Spring-Ford Area School District. For more than four years, this school system has designed intentional resiliency training paths to empower interactions among stakeholders, drive resiliency awareness among educators, as well as build relationships and programs for students. This session will provide you with ideas, both successes and struggles, of how to apply resiliency research in your real-world settings.

11:15 a.m. – 12:15 p.m.: Breakout Session B

Will They Remember What I Said?



MISCELLANEOUS

Diane Wagenhals

Professionals consistently seek ways to increase the probability that the information they are providing remains with those receiving it for an extended period of time, because it has been presented in a way that is meaningful, memorable and inspirational. This session will share key principles that professionals can be aware of and utilize to promote greater intentionality and effectiveness when presenting information to audiences of all ages.

Research, Fitness and the Brain



SCIENCE & EVALUATION

Dr. Alex Thornton

Take a look at the research studies backing the use of cardiovascular exercise in schools and a review of exercise's brain benefits, as well as its effect on cognition and emotion.

3 Essential Practices for Rejuvenation: Meditation, Yoga and Writing



SOCIAL EMOTIONAL

Jennifer Schelter

This session is designed for teachers' and students' self care and rejuvenation. The hour will focus on "body active" (experiential) by doing basic meditation, yoga and brief writing practice for de-stressing, clarity and rejuvenation of mind and body.

Skills cultivated will include: practicing the basics of mindful meditation, restorative yoga and easy journaling exercise for essential self-reflection. There is no prior experience needed to enjoy!



Tuesday, August 4

1:00 p.m. – 2:00 p.m.: Breakout Session C



Elementary



Junior High



Secondary



Admin



Brain



Body

Large Group Brain Breaks



ACTIVITY-FOCUSED INSTRUCTION

Scott Miller and Paul Zientarski

Come experience techniques and tips in facilitating brain breaks for groups. These short energizers can be used in the classroom, assemblies, meetings and among teams. Brain breaks are also a great introduction to the idea of movement in the classroom, and may be used as a stepping stone in your district's wellness plan.

CrossFit is Physical Education



PHYSICAL EDUCATION

Keith Gabor, Tom Stoddart and Amy Weber

Members of Pennsbury High School Physical Education department will introduce a CrossFit model for Physical Education programming. They will present CrossFit as an educational model, and discuss their journey to becoming an official CrossFit affiliate (Yarak CrossFit). The workshop will focus on the teaching of "constantly varied functional movements performed at high intensity." At Pennsbury High School, Yarak CrossFit's student learning outcomes (SLO) are measured both physically via benchmarks workouts and cognitively via a written exam. Speakers will share their experience and provide answers to questions on programming, equipment, funding and more.

Creating a Culture of Wellness



MISCELLANEOUS

Lucie Bergeyova

Creating a culture of wellness requires a support system, active communications, promotions and engagement. This session will provide you with tools for creating a culture of wellness in your school. Staff and student wellness ideas and strategies will be discussed, including practical examples from Boyertown Area School District.

Healthy Weight, Healthy Families: A Novel Approach to Child and Family Obesity Intervention



PEER SESSION

Aaron Christ, Jessica Garnett and Dr. Andrew Trentacoste

Creative Health Services proposes to share key features of our Healthy Weight, Healthy Family program, including lessons learned and major themes from working with children and families in the Tri-County area. The presentation will have three major components:

- 15-minute presentation by a Registered Dietician, with a focus on main issues regularly addressed with children and families in our area.
- 15-minute presentation from a team of specialized personal trainers (A Fresh Start Fitness).
- 15-minute panel discussion including the team and the program's clinical director.

The Brain-Informed Classroom



SOCIAL EMOTIONAL

Joshua MacNeill and Kathy VanHorn

Understanding brain development and the impact of adverse experiences can inform and direct your interventions. It is important to know the developmental stage and watch the changing brain states as we work with children. Learn how the Neurosequential Model of Education is being used to change schools and classroom practices.

Tuesday, August 4

1:00 p.m. – 2:00 p.m.: Breakout Session C



Elementary



Junior High



Secondary



Admin



Brain



Body

Take the Lead: From the Administrative Perspective



MISCELLANEOUS

Jeff Sparagna and Dave Spurlock

You are a teacher. You are passionate about the value of education and the children you teach. You've worked hard to create a classroom culture focused on wellness and want that healthy learning environment to reach beyond those confined walls. But, how do you get the buy-in from above? Two long-time administrators will share their perspective on the ins and outs to leadership, the "do's and don'ts" of successful interactions with decision-makers and their personal anecdotes and perspective on reaching the right people to support a positive change.

What is New in the World of Activity-Based PE



PHYSICAL EDUCATION

Dr. Alex Thornton

After setting up a number of school programs centered around exercise in a variety of settings, Dr. Thornton will talk about his recent experiences, problems encountered and how activity-based PE is implemented in these varied locales.

2:15 p.m. – 3:15 p.m.: Breakout Session D

Elementary Active Classroom Strategies



ACTIVITY-FOCUSED INSTRUCTION

Scott Miller and Paul Zientarski

Participants will be able to adapt neuroscience information in their classrooms with varied ideas about engaging students in the learning process. With guidance from the presenters, contributors will create an activity and share it with the entire group.

Core Curriculum, Cooperation and Coordination: Research and Activities to Get Your Classroom in Motion



ACTIVITY-FOCUSED INSTRUCTION

Joe Gallo and Tom Stoddart

This session focuses on moving and learning, and the positive impact it can have on delivering core curriculum. Interactive learning will enhance your curriculum and add laughter to your school day. Examine adding balance, coordination and simple movements that combine cooperative strategies and core curriculum. Investigate a method of design for getting you and your students moving into academics. Take advantage of this valuable resource that can add energy to your class and lessons. Gather more information on the current research to take back to support your goal. WARNING: This is an activity session; please play at your own level.

Building a Culture of Fitness, One Building at a Time



MISCELLANEOUS

Meghan Dwyer, Dave Lyth and Noel Vigue

What are some proven strategies that help with student motivation? Looking for ways to get your students to buy in? How can you get administration, parents and classroom teachers to help foster a community belief in health and fitness? Kennedy Middle School (Natick, MA) has been working on transforming their school over the past six years to focus on helping improve student overall health and supporting student learning. The results have been impressive! The school has seen health and fitness scores improve to some of the best in the state, and 88% of their students are in the healthy zone for body composition. They've created their own original fitness videos, and classroom teachers at their school and throughout the country use them as energizers before or during classes to help student concentration and focus.

Meghan, Dave and Noel will discuss proven strategies and help answer your questions around building a culture of fitness. Discussion points include: exploration of ways to build school community through exercise; how to get the school community involved; getting students to buy-in; how to measure and evaluate program success and dealing with difficult parents.

Tuesday, August 4

2:15 p.m. – 3:15 p.m.: Breakout Session D



Elementary



Junior High



Secondary



Admin



Brain



Body

Social Emotional Learning Toolkit Grades K-5



SOCIAL EMOTIONAL

Alex Fizz and Thom Stecher

Our Social Emotional Toolkit is designed to be a resource for Kindergarten through fifth grade teachers, counselors, school staff and administrators who are focused on integrating Social Emotional Learning with academic rigor. It offers practical, engaging and developmentally appropriate activities based in theory and best practices of Whole Child-focused education. Step-by-step tools, discussion activities and fully engaging, integrated lesson plan ideas are provided to assist schools in building student success.

6 Life Skills All Children Need



MISCELLANEOUS

Koren L. Clark

Before children can learn their ABCs and 123s, they must develop social emotional foundations to be successful as they progress through school and beyond. There are six skills teachers and parents can promote to help build this foundation. This session will explore these skills and discuss ways to build them.

Advocate for Your District



MISCELLANEOUS

Jeff Sparagna and Dave Spurlock

As the administrator of your building, district or program, you know that you've got something good going on and it's worth sharing your story. The session will share techniques for garnering outside support and sharing team efforts beyond the school's walls. Whether approaching funders, the school board, politicians or other governing bodies in education, you'll want to know how to get on the agenda, make an effective presentation and ultimately build a networking forum for future support.

The Kinesthetic Classroom: Teaching and Learning through Movement



ACTIVITY-FOCUSED INSTRUCTION

Mike Kuczala

This highly interactive session will enliven your K-12 classroom and content through the use of dynamic movement. Participants will discover a six-level framework for using movement with a purpose, including preparing the brain, providing brain breaks, supporting exercise and fitness, developing class cohesion, reviewing content and teaching content. This session will also explore the brain/body connection, state management, implicit learning and academic success, and why movement enhances the learning process.

Tuesday, August 4

3:30 p.m. – 4:30 p.m.: Breakout Session E



Elementary



Junior High



Secondary



Admin



Brain



Body

Secondary Active Classroom Strategies



ACTIVITY-FOCUSED INSTRUCTION

Scott Miller and Paul Zientarski

Participants will be able to adapt neuroscience information in their classrooms with varied ideas about engaging students in the learning process. With guidance from the presenters, attendees will generate an activity and share it with the other participants.

Putting the Physiology in Physical Education



PHYSICAL EDUCATION

Jessica Peconi-Cook

Being active is an important part of physical education, but understanding the why, what and how of physical activity is even more critical. This session will help you implement basic exercise physiology lessons into a PE setting without interrupting or compromising the time spent on physical activity.

21st Century PE: Changing the Paradigm



PEER SESSION

Noel Vigue

With the current national and state standards for physical education still emphasizing skill-based team sport metrics, what can we do to shift the paradigm to a fitness approach? With all the current research regarding exercise and the brain, the childhood obesity epidemic and our reality regarding less time with students in physical education classes, we must ask ourselves – why haven't we changed these standards? And who's making the decisions? What are they teaching college students majoring in physical education? This session will be a discussion-based forum to explore the future of physical education and its implications.

Social Emotional Learning Toolkit Grades 6-8



SOCIAL EMOTIONAL

Alex Fizz and Thom Stecher

Our Social Emotional Toolkit is designed to be a resource for sixth through eighth grade teachers, counselors, school staff and administrators who are focused on integrating Social Emotional Learning with academic rigor. It offers practical, engaging and developmentally appropriate activities based in theory and best practices of Whole Child-focused education.

Step-by-step tools, discussion activities and fully engaging, integrated lesson plan ideas are provided to assist schools in building student success. An ideal place for implementation is a middle school advisory or advocacy program. These tools, discussions, activities and lesson plan ideas are also possible in an extended homeroom or integrated into any content area.

Self Care is Not Selfish



PEER SESSION

Nancy Miller

As professionals serving students and their families, we often neglect to care for our own needs. Self care is a necessary part of every professional's wellness routine to go the distance and finish well. By participating in this session, you will learn helpful self care strategies and tactics to weave into your daily life. Optimize your time and energy to function professionally, not to mention personally, at your very best.

Advancement of a Teacher's Learning



MISCELLANEOUS

Lucie Bergeyova

Learn more about certification and professional development around active learning. We will discuss what type of collegiate study courses, continuing professional education courses or non-credit programs and activities can be used to fulfill Act 48 requirements. We will also look at various online programs and certifications and their value to professional advancement.

Proving Success: How to Evaluate PE in Schools



SCIENCE & EVALUATION

Dr. Chris Gilbert

A review of what needs to be measured, and how, in order to determine whether your PE program has been successful. Key indicators of program success at the beginning of a program, and what can warn you of failure. One major takeaway you won't want to miss? How to evaluate whether your program has been successful.

Wednesday, August 5

Day 2: Detailed Agenda & Information

Day 2 has been designed to cater to teams of attendees who work together in a specific population (building, grade or subject) and wish to create an action plan to implement healthy, activity-focused changes into their school day. The goal is to translate the knowledge and resource-sharing from Day 1 into accessible, actionable and impactful plans. Attendees will have the opportunity to work side-by-side in this facilitated workshop, which will feature key figures in the active learning network as master planners and coaches for the day. Each 75-minute session will include both lecture and planning time to keep teams engaged and interacting.

We will practice what we preach and move throughout the day, so please dress accordingly. Breakfast, lunch and snacks will be provided. We welcome you to come nourish your body and your mind on Day 2!

Please gather your team and register together! Space is limited to allow maximum connection with our coaches. Pre-registration will be accepted until July 3, 2015.

Team Roster:

- Minimum of 4 people, maximum of 10 people.
- Team composition **MUST** include at least one administrator (superintendent, assistant superintendent, directors, principal or assistant principal) and one teacher (all subjects welcome). Nurses, guidance department, food service providers and other building staff are also encouraged and welcome! Curriculum development and department chair persons should also be considered as valuable decision makers on your team.
- Team members **SHOULD** represent the same school building.
- **All attendees must attend Day 1!**



Wednesday, August 5

DAY 2 AGENDA AT A GLANCE

7:00 a.m.	Optional Workout	
7:30 a.m.	Arrival	Team Check In
8:00 a.m. - 9:00 a.m.	Session 1	Active Team Building Teams will have the option to pick from a variety of activities on campus where a facilitator will take groups through a game, exercise, competition or activity to kick start their connections for the day. <i>Local experts will lead this session.</i>
9:00 a.m. - 9:40 a.m.	Breakfast	
9:45 a.m. - 11:00 a.m.	Session 2	Vision Discussion What does the ideal school building look like, act like or feel like in the year 2030? Teams will be led through a visioning exercise to develop their own future aspirations on paper. <i>Dr. Chris Gilbert of RTSG Neuroscience will lead this session.</i>
11:10 a.m. - 12:25 p.m.	Session 3	SWOT Analysis How do we know where to begin? In order to achieve a vision, we need to know both the barriers and catalysts to success. Teams will be led through a SWOT analysis exercise, guiding them to map and understand the nuances of their school landscape. <i>Mr. Dave Spurlock of Charleston County Public Schools will lead this session.</i>
12:30 p.m. - 1:00 p.m.	Lunch Break	
1:00 p.m. - 2:15 p.m.	Session 4	Goal Setting & Benchmarking How will we know we are on the right track? What short-term goals will help us achieve our vision? Teams will be led through a session on goal-setting and benchmarking success to pave the path to their vision. <i>Mr. Scott Miller & Mr. Paul Zientarski of Naperville, Illinois will co-lead this session.</i>
2:25 p.m. - 3:45 p.m.	Session 5	Communication, Collaboration & Sharing With whom can we share our vision? How do we get others to believe in our plan and collaborate with us? What will we do to sustain this plan? Teams will be led through an external sharing session to lend practice toward communicating goals, sharing ideas and constructive feedback and gaining support from different audiences. <i>Mr. Noel Vigue of Natick, Massachusetts will lead this session.</i>
3:45 p.m. - 4:00 p.m.	Wrap Up/Team Graduation	

Pre-Registration Required — by July 3, 2015

BIOGRAPHIES

Lucie Bergeyova was always active and involved in many sport activities. As a member of the Czech National Biathlon team, she competed in various venues across Europe, Asia and North America while also working toward a Master's degree in Sport Sciences. Her experience in the Health/PE field include seven years of teaching at KidsPeace, four years in the Allentown School District and four years in the Boyertown School District where she also serves in a role of a H/PE and FCS Lead Teacher. She is also working as a fitness instructor at Boyertown YMCA Cardio Classes and Swimming.

Aaron Christ is a personal trainer who specializes in working with children and families. He is the owner/operator of A Fresh Start Fitness, which specializes in family-centered fitness. His organization also offers school assemblies, which act as fitness concerts to promote wellness for the student body.

Koren L. Clark is a Quality Advisor with Professional Development Dimensions working with the United Way's SB6 program. Additionally, she is the chair person for the annual Educating the Hearts Conference, a social emotional conference that looks at brain-based learning in early care classrooms.

Cassie Connor attended Radford University and has taught in Title 1 schools for twelve years. She has taught in Fairfax County, VA and East Hartford, CT. She has been in Charleston, SC for the last nine years. Her career has taken her through Pre K to 3rd grade, as well as being an Action-Based Learning interventionist. She is also an Action-Based Learning Master Trainer.

Meghan Dwyer has found herself a fitting home at John F. Kennedy Middle School in Natick, MA where she has just completed her 6th year of teaching Physical Education. Since starting in Natick, she and her co-teachers have been focused on creating a fitness-focused physical education model for their school. They have worked closely with researchers and school administration to develop and drive their curriculum. Prior to teaching in Natick, she taught elementary school Physical Education in Bourne, MA for two years.

She received her Bachelors of Science degree from Springfield College in Movement and Sport Studies and a minor in Health Education. She then went on to receive her Masters of Education in Athletic Administration, also from Springfield College. While working towards her Masters, she was a teaching fellow for a professor with a focus of Assessment and taught multiple undergraduate Physical Education courses, including Assessment, Golf and Dance.

S. Alex Fizz is an educator immersed in social emotional and service learning. He leads adventure-based and experiential learning opportunities for students, faculty and staff. His work with students addresses issues such as racism, sexism, bullying, harassment, violence and hazing, while creating a safe space for solution-based problem solving. Additionally, he provides professional development to administrators,

faculty and staff centered on wellness, resilience, diversity, classroom community, school-wide behavioral models and district-wide social, emotional and academic change initiatives.

Raised in a family focused on service and the principle of passing on intergenerational wisdom, he brings perspective and scope to the impact positive mentors and role models can have in the lives of children and adolescents. To him it is essential to make clear, in the words of Mr. Rogers, "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary. The people we trust with that important talk can help us know that we are not alone."

Keith Gabor is currently a Health and Physical Education teacher at Pennsbury High School. In addition, he serves as the Head Coach for the girls basketball team. He is also a Lifeguard Lieutenant with the Stone Harbor Patrol.

Joe Gallo is a teacher at Edgewood Elementary in the Pennsbury School District. In his 25th year teaching, he is a staff development workshop teacher within the district and has presented for Tools for Teachers, PSAHPERD, POLAR technologies, NAPSE Pipeline and the Pennsylvania Governor's Institute. He is a member of PSAHPERD and past President of the Southeastern District of PSAHPERD. In 2004, he was named PSAHPERD's Teacher of the Year. This is his third year participating in the Healthy Bodies Healthy Minds Institute.

Jessica Garnett is the registered dietitian for the Healthy Weight, Healthy Family Program. She also consults with Community Health & Dental Care (a federally qualified health clinic in Pottstown). She earned her Master's degree in Dietetics from Ball State University.

Dr. Chris Gilbert studied Computational Neuropsychology at McMaster University and completed his PhD thesis on learning and the brain (simulating executive functions and memory through computer models of the brain). He has gone on to complete studies that use targeted exercise to improve outcomes in school, at work and in life. Some examples include studies that examine: the benefit of biking on academics and among ADHD students in association with Specialized Bikes, the effect of using the Kinect device in schools, the effectiveness of police wellness programs on job performance and the use of exercise on a clinical population at schools.

He is an expert in measuring mental processes and in the application of statistics in program evaluations. For RTSG Neuroscience Consulting, he creates exercise interventions that allow for rigorous evaluation to take place and he analyzes program results. He is also interested in the implementation of research findings in real-world settings and in working through the ensuing practical and theoretical issues.

Mike Kuczala is the coauthor of the Corwin Bestseller and Association of Educational Publishers' Distinguished Achievement Award nominated, *The Kinesthetic Classroom: Teaching and Learning through Movement*, a book and philosophy that has changed the view of teaching and learning around the world. His second book, *Training in Motion: How to Use Movement to Create an Engaging and Effective Learning Environment*, is due for release in June of 2015 (AMACOM). President of Kuczala Consulting Inc. and Director of Instruction for the Regional Training Center, an educational consulting firm based in Randolph, NJ, he has become an in-demand keynote speaker and consultant at international conferences, school districts and corporations. His SRO presentations have been experienced in such diverse settings as The American Society for Training and Development, The Forum for Innovative Leadership, the Association for Supervision and Curriculum Development, the American Association for Health, Physical Education, Recreation and Dance and the Lawyer Brain OD Roundtable.

Diane Lauer is the Director of the Wellness Council of Boyertown and a Holistic Wellness Coach, Licensed Massage Therapist, Yoga Instructor and Community Wellness Advocate. Her focus areas are stress reduction and restoring balance to achieve full potential of health and well-being.

Dave Lyth graduated from Bridgewater State University in 2008 with a Bachelor of Science in Physical Education and went on to earn his Master of Education from Fitchburg State University in May 2013. He is currently in his 5th year as a Physical Education teacher at Kennedy Middle School in Natick, MA. Prior to KMS, he worked at Wellesley Middle School, Wellesley, MA. He attended the Sparking Life Institute at Eagle Hill School during August 2011. In March 2012 he presented *Exercise and the Brain - How to Increase Physical Activity in Schools to Help Students Learn* at the Massachusetts Interscholastic Athletic Association Wellness Workshop. He also co-directed a study with his mathematician colleague regarding the link between physical activity and academic performance. He is the director of the Bay State Flash AAU Basketball Program (grades 4-11). He also coaches JV boys' basketball and 8th grade girls' soccer.

Joshua MacNeill is currently in training with the Child Trauma Academy as a Neurosequential Model of Education Trainer. He has a Bachelor's Degree in Communication and is currently a classroom teacher in Lakeside's Vantage Academy at Upper Merion.

Coleen Martin, MS, RD holds a Master's Degree from the University of Maryland in nutrition research and exercise physiology. In addition, she is a licensed, Registered Dietitian. Since the mid-1980s her education, training and work has focused on community wellness initiatives that tackle issues of physical inactivity and poor nutrition. As Program Manager for the MUSC Lean Team she oversees school and community-based wellness initiatives and research aimed at reducing the incidence of childhood obesity in SC. Working with the MUSC Lean Team/Boeing Center for Children's Wellness gives her the opportunity to mentor pediatric medical residents, students, dietetic interns and graduate students seeking training in obesity prevention programs. She has also served as Chair of the Charleston Tri-County chapter of South Carolina Eat Smart Move More Coalition. The focus of ESMMS is to reduce the prevalence of obesity among adults and children in our state through policy and system changes that support healthy eating and active living. She has expanded her work from Charleston into the Pottstown area in 2015 in partnership with the Pottstown Area Health & Wellness Foundation.

Charlie McGarvey is a graduate of East Stroudsburg University. He has a BS and Med in Health and Physical Education, which he has put into 42 years of teaching practice at St. Jane Frances de Chantal School in Easton, PA (Grades K to 8). He coached high school sports for 26 years and is also an Ambassador for the World Sport Stacking Association.

Nancy Miller is a Registered Nurse who graduated from Uniontown Hospital School of Nursing in Western Pennsylvania. After moving to eastern PA, she continued her nursing education and obtained a BSN from Kutztown University. Shortly thereafter, she completed a few courses for School Nurse Certification. Her professional nursing experience has been in hospitals, home health care and school nursing. One common thread through all of her professional endeavors is her passion to educate individuals about health and wellness. She recently became a Certified Life Coach and is very excited about the coaching process. In her spare time, she enjoys bicycle rides, walks on the beach, cooking, reading and having meaningful conversations.

Scott Miller is the Instructional Coordinator for Mathematics at Naperville Central High School in Naperville, IL. Mr. Miller began his teaching career in the Chicago Public School system more than 20 years ago. He is a SMART Exemplary Educator and has received numerous teaching awards. He is the founder of Engaged Teaching and co-founder of the Teaching with SMART Board. He has provided professional development to thousands of educators from all over the world on the engaging use of technology in the classroom and the impact of movement on learning. He is the author of *Energizing Brain Breaks 2*.

Jenny Mills M.Ed., a former classroom teacher, is the Director of Development for Educational Programming at the Penn Program for Mindfulness. She is the founder of Roots & Wings, LLC whose mission is to make mindfulness accessible to teachers, youth and families. In her workshops and classes, she gives teachers and counselors mindfulness strategies to support teaching and learning. She currently works in schools in Radnor Township, Conshohocken, Camden and Philadelphia to train teachers in weaving mindfulness into the curriculum.

Melissa D. Patschke, Ed. D. (Missie) is a 28-year veteran of public education. For nineteen years, she has worked as a school principal. Currently, she is the principal of Upper Providence Elementary School in the Spring-Ford Area School District, Royersford, PA. Since 2011, she has provided the SFASD with guidance on the topics of health and wellness in schools. She is dedicated to advocating on behalf of "what's right for children and schools." She is passionate about the power of educators to positively impact student learning and ultimately change lives.

Jessica Peconi-Cook is a Physical Education teacher and coach in the Mt. Lebanon School District outside of Pittsburgh, PA. She is currently the VP elect for Physical Education for PSAHPERD and enjoys promoting and presenting on the importance of physical education on state and national levels.

Jennifer Schelter, CEO & Founder, Radiant Retreat and Mindful Strategies for Living, integrates 20+ years of Vinyasa Yoga, a Master in Classical Theatre, meditation, poetry, visual arts and creative writing. Named "Best of 2013" in Philadelphia Magazine's "Be Well Philly" (as the cover model), "One of the Most Inspiring People In Philadelphia" by US Air magazine and "A Woman Who Makes The News" as featured in the Philadelphia Inquirer, she is currently the yoga instructor & life coach seen on the living TV reality show "Natural Reboot". Her one-woman show, "Love Lessons", was produced by Amnesty International and InterAct Theatre Company January/February 2011. She co-founded the Wellness Program for Corporate Leaders at The Wharton School, University of Pennsylvania, Aresty Institute of Executive Education. She is the visionary and co-creator of Yoga On The Steps for Living Beyond Breast Cancer (Philadelphia, Washington DC and Denver, CO) and dedicated fourteen years of fundraising in honor of her grandmother, Kathleen Converse. Empowering with rare inspiration, genuine compassion and humor, she has supported more than 50,000 people on their journey of well-being, clarity and self-discovery.

Stacey Shoecraft has been teaching for eleven years and has a passion for teaching all children, especially boys and really fidgety kids! As a child that grew up struggling with ADD, she understands the importance of engaging young minds through activity. Her mission is to spread the concept of "Moving Minds through Movement" across the nation and change the way we teach our children.

Jeff Sparagna has served 38 years in the field of education, eight of which were at the collegiate level and a combined 30 years at the elementary and secondary school levels. During his 20-year tenure at Pottstown School District, he has served in the following capacities: Teacher, both Assistant Principal and Principal at Pottstown Middle School, Pottstown High School Head Football Coach, Elementary School Principal at both Franklin and Barth Elementary Schools, Director of Elementary Education and Supervisor of Federal Programs and Reading, Director of Education and Human Resources, Assistant Superintendent and now Superintendent. Additionally, he is the senior administrator of the district for Pottstown's state-renowned school readiness initiative called PEAK (Pottstown Early Action for Kindergarten Readiness). He has also been appointed to sit on the "Governor's Early Learning Council," an organization focused on the development and maintenance of high-quality early childhood education programming. In 2008, he became a published author when his dissertation entitled, *The Effect of a Half-Day Pre-Kindergarten Program on Readiness in Kindergarten*, was published by Verlag Publishing Company of Germany (VDM) under the title: *Kindergarten Transition*, which is available on Amazon.com.

Dave Spurlock, Coordinator of Health, Physical Education, Athletics, ROTC and Wellness in the Charleston County School District in South Carolina, is hailed as "one of the titans of physical education in the U.S." by Harvard Medical School researcher and author Dr. John Ratey who also said "he is one of the biggest reformers in this country." Now, as a retired coach and PE teacher, Dave is an experienced presenter who is regularly asked to speak at conferences throughout the country on how the integration of daily physical activity improves learning and behavior. He has worked closely with and presented with Jean Blaydes for the past eight years. His practical application of movement in the classroom is currently a subject of research by The Medical University of South Carolina and Johns Hopkins University School of Medicine.

Thom Stecher is a nationally-recognized motivational speaker and educational consultant. He specializes in self-esteem, wellness and student assistance programs. Raised in a family of educators, he believes that education is a life-long process and that we all teach best what we most need to learn. It is therefore imperative that we teach each other. He is one of the original developers of the nationally-recognized and acclaimed Masonic Model Student Assistance Program and has expanded the model to developmentally appropriate programs at the elementary, middle and high school levels. His work in student assistance finds him in training and development of school-based prevention and intervention services for at-risk youth in more than 30 states, and in Canada.

Tom Stoddart is currently a Health and Physical Education teacher at Pennsbury High School. In addition, he serves as the Head Coach for the boys soccer team. In 2005, he was PSAHPERD's Adapted Physical Education Teacher of the Year. He is also a competitive lifeguard with the Belmar Beach Patrol.

Dr. Alex Thornton, a teacher for seven years, has his doctorate in Educational Leadership. His recent work has focused on using exercise to change school cultures and optimize student learning. He also collaborates closely with other leading thinkers to bring findings from sleep, nutrition, play and Neuro/Biofeedback research to educational and organizational settings. His goal is to incorporate findings from neuropsychology into educational practice.

Dr. Andrew Trentacoste is the CEO and Clinical Director of Creative Health Services, Inc. Moreover, he serves as director of the Healthy Weight, Healthy Family Program.

Kathy VanHorn is a licensed psychologist. She is trained and certified in the Neurosequential Model of Therapeutics. She has been working in the field of education for more than 30 years as a teacher, school counselor, psychologist, program director and administrator. Currently, she is employed full-time as Executive Vice President of Lakeside Educational Network and teaches graduate-level counseling courses at Eastern University.

Noel Vigue, M.Ed., CSCS is a health and physical educator at Kennedy Middle School in Natick, MA. He has been teaching and coaching adolescents for more than 18 years. He teaches the Fitness for Life program for 7th and 8th grade students. For the past five years, he has been working to establish Natick Public Schools as a district that puts evidence-based research into practical applications, helping the students to be better learners and live healthier lives. Inspired by the book *SPARK* by Dr. John Ratey, he continues to research the link between exercise and preparing the brain to learn. This has led him to study aspects of educational neuroscience.

As a coach and athletic trainer, he has been an integral part of many MIAA individual and state championships (AHS softball '98, baseball '00, QRHS wrestling '04, Newton North HS indoor track '05 and '10) during his career. From 2004 to 2009, he served as the head coach for strength and conditioning at the Boston University Athletic Enhancement Center. At BU he worked with hundreds of youth, high school, collegiate and adult athletes, helping them prevent injury and improve performance.

Diane Wagenhals is a Program Director for Lakeside Educational Network. Current responsibilities include overseeing programming and curriculum design for the Institute for Professional Education and Development (IPED) program and Institute for Family Professionals (IFP) program. She is an adjunct professor for Saint Joseph's University in Philadelphia, designing courses for which students can receive a certification for trauma training from the university. She has been a fellow with the Child Trauma Academy since 2010 and is currently a member of the CTA team working on developing and promoting Dr. Perry's Neurosequential Model for Educators. She is a member of the Philadelphia ACEs Connection, received certification as a Pennsylvania PQAS (Pennsylvania Quality Assurance System) instructor in 2007 and is a Certified Family Life Educator.

She has been an elementary school teacher, a childbirth educator, a family therapist and founder of a parenting education company. She holds a Bachelor of Science degree in Elementary Education from West Chester University and performed graduate work at the University of Pittsburgh and University of Maryland in Rehabilitation Counseling. She received a Master of Education degree in Psycho-Educational Processes, specializing in Family Therapy, from Temple University.

Amy Weber is currently a Health and Physical Education teacher at Pennsbury High School. She received her Master's degree in Health and Physical Education from The College of New Jersey. In addition, she serves as Assistant Varsity Lacrosse Coach and Field Hockey Coach.

Paul Zientarski is the Learning Readiness P.E. Coordinator for Naperville School District 203 in Naperville, IL, where he spent the last 26 years as the Department Chairman for P.E., Health and Driver's Education at Naperville Central H.S. He retired in May 2010 after 40 years in education. Through LRPE, Naperville Central High School has seen dramatic improvements in test scores, behavior and childhood obesity. School districts from across the country and around the world visit to learn why the P.E. program is so successful and employ the concepts learned there. He holds a Bachelor of Science degree in Physical Education and a Master of Science degree in Communication Science, along with an Administrative Certificate. He has been the Co-Director of DuPage County Institute for Physical Education since 1986, and serves as a consultant for Polar Electro, Inc. He has been awarded the "Healthy School Hero" award by Action for Healthy Kids and has been inducted into the Athletic Hall of Fame at Quincy University. In addition, he has made presentations across the country on Learning Readiness P.E., PE4LIFE philosophy, childhood obesity, physical education curriculum, technology use in physical education, small-sided games and brain breaks in the classroom.